

# *DD Tips*

## **Nebraska Planning Council on Developmental Disabilities**

*Spring / Summer 2010*

### **State Council**

The most recent State Council meeting was held at the Highlands Golf Club on May 14, 2010. For more information, go to our website at <http://www.dhhs.ne.gov/ddplanning>. The Council is developing our five year state plan which we use to determine what types of grants will be funded during that time. Your input is critical in helping us make our decisions. [Please take a minute to complete the short survey](#). For those who may not have internet access, people can call our office at 402-471-2330 to have a survey copy mailed to them.

### **2010 Special Olympics National Games**

Special Olympics National Games 2010 are coming to Lincoln, Nebraska. The weeklong event from July 18 to July 23 is expected to draw more than 3,000 athletes, 2,000 coaches and staff, plus 15,000 to 25,000 spectators. The thirteen sporting events will be held at Lincoln venues, including University of Nebraska Lincoln sports facilities, Abbott Sports Center, two city golf courses, Fleming softball fields and basketball courts in two high schools. For more information visit [Special Olympics 2010 USA National Games](#)

### **Early Intervention**

Professors at Penn State University have a website resource on early intervention with children with autism, cerebral palsy, Down Syndrome, and other disabilities. The website provides guidelines for early intervention to maximize language and communication development of young children with complex communication needs. It is intended for parents of young children with special needs, education and rehabilitation professionals, and students in program related areas. The website is based on research funded by the National Institute on Disability and Rehabilitation Research. Visit the website at [aackids.psu.edu](http://aackids.psu.edu)

## **Healthy Lifestyles**

“[Taking Charge of Your Health](#)” is a booklet describing what you can do to create and maintain a healthy lifestyle. The sixteen page booklet is a valuable resource tool with topics including Healthy Choices and Behaviors, Health Problems Related to Disability, Chronic Conditions, Doctor Visits and Your Rights, and Definitions. The booklet was written by Katherine Froehlich-Grobe, PhD and Ximena Ilabaca-Somoza, MD, MPH, for the Research and Training Center for Full Participation in Independent Living and funded by the National Institute of Disability Rehabilitation Research.

<http://www.rtcil.org/products/RTCIL%20publications/Health%20Issues/Taking%20Charge%20of%20Your%20Health.pdf>

## **Positive Exposure**

Rick Guidotti, former fashion photographer, and Diane McLean, MD, PhD, MPH, founded Positive Exposure in 1997. Through cross-sector partnerships with health advocacy organizations, governmental agencies and educational institutions, Positive Exposure utilizes the visual arts to impact areas of genetics, mental health and human rights. Explore the website and learn more about their inspiring programs by visiting

[Positive Exposure](#)

## **Aging with a Developmental Disability**

The National Advisory Council on Aging published a document describing the situation of Canadians who are aging with a developmental disability. The publication identifies a number of gaps and challenges in addressing their health care needs and social and financial issues. To view their conclusions and recommendations for action in areas to improve the capacity of persons with developmental disabilities to age well, visit the website <http://dsp-psd.pwgsc.gc.ca/Collection/H88-5-2-2004E.pdf>

## **ADA**

July marks the 20<sup>th</sup> anniversary of the Americans with Disabilities Act. It is a time for celebrating and remembering the positive impact this law has made in the lives of people with disabilities. For a resource of information, visit the following websites.

[ADA Home Page - ada.gov - Information and Technical Assistance on the Americans with Disabilities Act](#)

[ADA Regulations and Technical Assistance Materials](#)

## **Universal Design**

The Office of Disability Employment Policy offers examples of strategies to increase productivity and satisfaction for all employees in the work environment. Creativity and innovations can enhance the environment with positive changes that impact all of us.

Visit [ODEP - Universal Design](#)

## Health Care Reform and State Health Data

The Henry J. Kaiser Family Foundation is a non-profit, private operating foundation focusing on the major health care issues facing the nation. The Foundation is an independent voice and source of facts and analysis for policymakers, the media, the health care community, and the general public. Visit [Kaiser Health Reform Gateway: Health Care Reform and Health Insurance Reform Analysis, Data and Information](#)

[Statehealthfacts.org](#) is a project of the Henry J. Kaiser Family Foundation and is designed to provide free, up-to-date, and easy-to-use health data on all 50 states. Visit their website [Kaiser State Health Facts](#)



### STATE RESOURCES

#### Regional DD Council Contacts

- ◆ Region I: [Carolyn Foged](#) - 308-635-7901
- ◆ Region II: [Pam Mann](#) - 308-535-8079
- ◆ Region III: [Rita Skiles](#) - 308-995-6585
- ◆ Region IV: [Cheri Matthews](#) - 402-287-2061
- ◆ Region V: [Dina Hohn](#) - 402-421-8866  
[Kierstin Reed](#) - 402-483-2929
- ◆ Region VI: [Dixie Trevarthen](#) - 402-597-4894

#### Nebraska Contacts

Visit <http://www.nichcy.org/Pages/StateSpecificInfo.aspx?State=NE> for a comprehensive list of Nebraska State agencies related to disabilities. This website is a publication of the National Dissemination Center for Children with Disabilities.

- ◆ Nebraska Health & Human Services System Advocate: 800-254-4202
- ◆ Hotline for Disability Services: 800-742-7594
- ◆ Nebraska Advocacy Services: 800-422-6691
- ◆ Munroe-Meyer Institute: 800-656-3937
- ◆ The Arc of Nebraska: 402-475-4407
- ◆ Statewide Independent Living Council: 402-438-7979
- ◆ People First of Nebraska: 308-872-6490
- ◆ PTI Nebraska (Parent Training Information ): 800-284-8520
- ◆ ATP (Assistive Technology Partnership): 888-806-6287
- ◆  Housing Resource Specialist: 888-806-6287 or 402-471-0734
- ◆  Funding Coordinator : 888-806-6287 or 402-471-0734

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<http://www.dhhs.ne.gov/ddplanning>

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